

GNAC SPORTS REGULATIONS

CROSS COUNTRY

Section 1. PARTICIPATION REQUIREMENT

- 1.1 All member institutions fielding teams in men's and/or women's cross country agree to participate for the championship and will send their varsity scoring teams.

Section 2. SCHEDULE

- 2.1 All member institutions shall observe the NCAA starting date for pre-season practice.
- 2.2 The maximum number of contests permitted in a single season shall not exceed the NCAA maximum number of allowable contests.
- 2.3 Varsity contests shall be scheduled in accordance with the regulations as they appear in Article 17 of the Bylaws of the NCAA.
- 2.4 Conference members shall develop their own cross country meet schedules.

Section 3. NCAA NATIONAL MEET REPRESENTATION

- 3.1. All individuals and teams qualifying to compete in the NCAA National meet are expected to represent the GNAC at the National meet.
- 3.2. Only one bid from a conference team shall be made for the NCAA West Regional cross country meet. That bid must be approved by the conference office. (Revised 1/07).

Section 4. CONDUCT OF PARTICIPANTS (See Bylaw Article 10, Section 1)

Section 5. CONFERENCE CHAMPIONSHIP

- 5.1 The rules and regulations of the NCAA Cross Country Rule Book shall govern the Conference competition, with the exception of 5.4.1., permitting ten male and ten female athletes from each school and 5.4.2. 6K/8K distances to be used at the Conference meets.
- 5.2 The host institution, in consultation with the Commissioner, shall assign the Meet Officials for the conference championship.
- 5.3 The course shall be clearly marked for the men's and the women's races.
- 5.4 Championship Meet Procedures
 - 5.4.1 In the conference championship, ten athletes from each school will be allowed to compete. The top seven athletes from each team will be eligible to score or to displace other runners (with the top five finishers from each team determining the team score). (Revised 10/03).
 - 5.4.2 Championship race distance will be six (6) kilometers for women and eight (8) kilometers for men. The women's races will be run first on odd years, and the men's race first in even years. This corresponds to the order at the NCAA Championships.

- 5.4.3 The race will be held on Saturday at least two weeks before the NCAA Regional Meet. Beginning with the 2009 championship meet, sites for the meet shall be approved via a bid process for a three-year period with a two-year option. The process shall include an option out clause pending positive pre- and post-evaluations by the conference office. (Revised 10/07; 11/08). (**Previous Hosts:** 2001 – Alaska Anchorage; 2002 – Seattle University; 2003 – Western Oregon; 2004 – Humboldt State; 2005 – Western Washington; 2006 – Saint Martin’s; 2007 – Northwest Nazarene; 2008 – Central Washington).
- 5.4.4. Entry procedures for the meet will follow the regional/national format with coaches submitting an entry list of probable eligible competitors to the conference office by 5 p.m. two Mondays (12 days) prior to the meet. Entries at that point in time are unlimited, but a school will only be allowed ten (10) competitors per gender in the conference meet. Coaches must declare the ten competing athletes at or before the coaches meeting held Friday prior to the meet.
- 5.4.5. A conference coaches’ meeting will be held the Friday evening before the meet.
- 5.4.6. The official results shall be forwarded to the Conference Information Director and to each institution.
- 5.4.7. The Coach of the Year will be voted on by the conference coaches following the regional championship. The top finisher in the conference meet will be named the Athlete-of-the-Year. All-Conference recognition will be awarded the top ten finishers based on conference championship race results. The conference race results (highest placers) will also determine the winners of the Newcomer-of-the-Year and Freshman-of-the-Year awards.
- 5.5 The Conference office will subsidize the cross country championship dinner up to \$2,500.
- 5.6 The host school, if they desire, may host an open race prior to the GNAC cross country championship meet.